

I CLAIM

1. A balance board comprising:

a cylindrical roller;

a board member that sits atop the roller and reciprocatively
5 rides on the roller either along a central longitudinal axis of
the board member or along a central latitudinal axis of the board
member; and

a pair of stop members removably attached to the board
member for limiting the range of ride of the board member along
10 either the longitudinal axis or the latitudinal axis.

2. The balance board as in claim 1 wherein the stops are
attached to the board member equidistant and on opposed sides of
the latitudinal axis in order to limit the ride of the board
member along the longitudinal axis and wherein the stops are
15 attached to the board equidistant and on opposed sides of the
longitudinal axis in order to limit the ride of the board member
along the latitudinal axis.

3. The balance board as in claim 2 wherein the distance between
each stop member and the latitudinal axis is variable.

20 4. The balance board as in claim 1 wherein the stops are
attached to the board member on opposed sides of the latitudinal
axis in order to limit the ride of the board member along the
longitudinal axis and wherein the stops are attached to the board
on opposed sides of the longitudinal axis in order to limit the
25 ride of the board member along the latitudinal axis.

5. The balance board as in claim 2 wherein the distance between each stop member and the latitudinal axis is variable.

6. A balance board comprising:

a cylindrical roller;

5 a board member having a central longitudinal axis and a central latitudinal axis such that the board member that sits atop the roller and reciprocatively rides on the roller either along the central longitudinal axis of the board member or along the central latitudinal axis;

10 a set of first attachment point pairs located on the board member, each first attachment point being located at equidistant location and on opposing sides of the latitudinal axis with respect to the corresponding other first attachment point;

a set of second attachment point pairs located on the board
15 member, each second attachment point being located at equidistant location and on opposing sides of the longitudinal axis with respect to the corresponding other second attachment point;

a pair of stop members removably attached to the board member at either the first pair of attachment points for limiting
20 the range of ride of the board member along the longitudinal axis or the pair of stops are removably attached to the board member at the second pair of attachment points for limiting the range of ride of the board member along the latitudinal axis.

7. The balance board as in claim 6 wherein the set of first
25 attachment point pairs includes multiple first attachment point

pairs such that each first attachment point pair is located at a different distance from the latitudinal axis with respect to each other attachment point pair.